READY TO ENGAGE

‘The more I learn, the more confused I feel’

DAILY ELECTION PAGE in metroNEWS

Vancouver metro

Your essential daily news | TUESDAY, SEPTEMBER 29, 2015 | High 18°C / Low 10°C Sunny

WATER (AND MATT DAMON) ON MARS

THE FACTS AND FICTION

metroNEWS & metroLIFE

‘The bear inched forward’

Teen recounts fight to save dog

metroNEWS

CONTRIBUTED

A new space for open dialogue

HEALTH

Loved ones of people addicted need to talk, too, a mother says

Matt Kieltyka
Metro | Vancouver

Christine Harris remembers what it was like to talk about her son’s struggle with addiction and mental illness.

Never had she felt so isolated despite being surrounded by well-meaning friends and family, who thought she could just “tough love” Lindsey out of his dire situation.

“It’s not that I didn’t have support, I did. They just didn’t get it,” Harris, a mental health worker, recalls.

“You’re so alone,” she says. “When you’re in that situation, you feel there are some many ‘would have, should have, could haves.’ Being able to talk to people going through the same thing would have been really helpful.”

After Lindsey’s death in 2012, at the age of 30, and discussions with First United Church’s Reverend Sally McShane and other downtown eastside advocates and service providers, Harris has carved out a space where others can have that open dialogue.

The new support group, SHARE (Support, Hope, Awareness, Resources & Education), meets for the first time Tuesday evening at First United Church (320 East Hastings St.).

Judy Graves, the City of Vancouver’s former advocate for the homeless, will lead the first session. Harris isn’t sure how many people will attend, but at least those that do will meet someone who understands.

> **I wish I had somewhere to talk about it where I wouldn’t have been judged.**
> Christine Harris

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Apple sells 13 million iPhones in three days. **Business**

THE ARTS

Report recommends city allow warehouse parties

Artists should be able to keep throwing parties in cheaper locations such as warehouses and skateboard shops, according to a City of Vancouver report that recommends permanently cutting red tape for such events.

Staff recommend the city permanently change its bylaws in light of a successful two-year pilot program that made it easy to secure permits for one-off events in industrial and retail spaces without proper assembly standards such as seismic upgrades. The program aimed to provide alternative spaces while balancing safety concerns and cutting back on underground events — many organizers would host events without permits instead of attempting to jump through expensive hoops.

More than 100 events including art shows, album releases and book launches took place during the pilot with the vast majority (85 per cent) receiving no complaints. Police also reported fewer underground events during the pilot. The only negative feedback was from owners of established venues who believe the program creates unfair competition by lightening up on safety rules.

Organizers will be allowed to host a maximum of three such events per month if council approves the bylaw changes, which must first go to public hearing. EMILY JACKSON/METRO

Emergency workers rescue a homeless woman from a clothing donation bin in Pitt Meadows on Sunday. SHANE MACKICHAN/FOR METRO

Trapped, suffocated inside donation bin

PITT MEADOWS

Police unsure how homeless woman ended up trapped

Thandi Fletcher
Metro | Vancouver

A 45-year-old homeless woman is in hospital with life-threatening injuries after police say she became stuck in a clothing donation bin at the Real Canadian Superstore in Pitt Meadows on Sunday night.

Firefighters, paramedics and police were called to the store in Meadowtown Centre just after 10:15 p.m. following a report of a woman stuck in a bin, according to Ridge Meadows RCMP.

Pitt Meadows Fire Chief Don Jolley said firefighters used the Jaws of Life to pull the woman, who has no fixed address, from the bin. He said the woman was stuck halfway in the bin when firefighters rescued her.

It's unclear how long she was inside before emergency workers were called.

Firefighters used the Jaws of Life. SHANE MACKICHAN/FOR METRO

Mounties said she was rushed to hospital with serious injuries. Her condition was unknown Monday, but police said she appeared to have suffocated.

Police said they are investigating to determine if the woman climbed into the bin on her own or whether she was pushed in.

This isn't the first time emergency crews have had to rescue someone who became trapped in a donation bin.

In January, firefighters in New Westminster used rescued a homeless man who became stuck in a donation bin. Last August, another man was trapped in a donation bin for three hours before being rescued.

DROUGHT

Greens want to flush old toilets

Emily Jackson
Metro | Vancouver

Vancouver's lone Green party councillor wants the city to encourage people to get rid of old toilets that drain excess water from Metro Vancouver reservoirs during times of drought.

Environmentally unfriendly toilets will be in the hot seat at Tuesday's council meeting, where council is scheduled to debate Coun. Adriane Carr's motion to conserve water with a toilet-exchange scheme.

Standard toilets consume about 25 per cent of all water used in homes, so Carr wants to encourage residents to trade them in for ultra-low volume toilets. This could save water in case of future droughts, like the one that prompted Stage 3 water restrictions this summer, according to Carr's motion that asks staff to work out the details.

Carr's motion points out that Richmond already has such a program. It offers a $100 utility tax rebate to people who make the swap. She cited a report from the Intergovernmental Panel on Climate Change stating summer droughts could get even worse.

She's also asking staff to explore building bylaw changes that would encourage people to collect rainwater and grey water to use for outdoor uses such as watering plants.

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Atelier Grandi gowns are a labour of love

Thandi Fletcher
Metro | Vancouver

She may be a fashion designer, but after Grandy C.'s latest collection debuts at Vancouver Fashion Week, she will likely never want to see a needle and thread again.

As the creative mind behind Atelier Grandi, a Vancouver-based boutique that specializes in custom clothing for women, Grandy said she spent hours individually sewing sequins by hand while designing her 2016 spring-summer collection, titled Serpentine, that makes its runway debut Tuesday.

"Sewing sequins on fabric one by one is hard work," she said with a laugh. "It's going to be a very pretty collection, but it is by far the most ambitious and intricate collection that I've put out yet."

The VFW collection includes 13 looks, of which at least half include some element of embroidery. On one couture gown, Grandy estimates that she spent at least 150 hours putting the final hand-sewn details on the piece. A self-described history buff, Grandy's designs are often influenced by the music and art of bygone eras.

She described her latest collection as an ode to art nouveau, featuring the same classic silhouettes for which she is known, but this time adorned with floral prints and gilded in gold.

"Above everything, it's beauty," she said. "It's really a sense of beauty with just a little bit of the dark side."

Atelier Grandi by Grandy C. hits the VFW runway at 6:40 p.m. on Tuesday.

Vancouver fashion designer Grandy C. of Atelier Grandi is debuting her spring-summer 2016 couture collection, titled Serpentine, at Vancouver Fashion Week Tuesday. Inset: Designer Grandy C. of Atelier Grandi. CONTRIBUTED

Street Style at VFW

Name:
Gemma Lancanshire

Age:
30

From:
"I'm originally from Darby in England, but I've lived in Vancouver for the last two years."

Occupation:
Assistant to Vancouver fashion designer Connally McDougall

What I'm wearing:
"Tutu and shoes from ASOS, jumper from Zara, clutch from Used House of Vintage on Robson Street and a brooch that was a gift from my sister."

My style inspiration:
"Sarah Jessica Parker. I wanted to go fairy tale — chic but kind of casual at the same time. I did my hair ballerina style in a bun with a ribbon, and I don't really wear a lot of makeup, so just pastels."

Gemma Lancashire arrives at the opening gala of Vancouver Fashion Week, Monday. JENNIFER GAUTHIER/METRO

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Teenager stabs bear with kitchen knife to save dog

PORT COQUITLAM

Boy believes blade is still stuck in the animal's back

Thandi Fletcher
Metro | Vancouver

A Port Coquitlam teenager is lucky to be alive after he says he fought off a black bear and stabbed it with a kitchen knife to save his dog from being attacked last week.

The terrifying encounter happened Wednesday around 8:30 p.m. when 15-year-old Pierce Ormiston, who was home alone, said he decided to let his dog Dublin out into the backyard.

Since the family often sees small bears around their home, he said they always turn on the lights and clap their hands to check that it is safe — a routine Pierce said he followed before letting Dublin out that night.

"A minute later, I heard the dog barking like never before," he told Metro.

"I went outside ... and I just see a bear pounce on my dog. My dog was right under it."

Pierce said he grabbed a pot and wooden spoon and starting banging on it repeatedly, trying to make as much noise as he could to scare off the large animal.

When the sound didn't deter the bear, Pierce said he took the situation into his own hands, running toward the animal and hitting it with the pot.

Pierce Ormiston, 15, with his pet Dublin in the backyard of their home where the encounter took place. CONTRIBUTED

"I started tackling it, but it wasn't even looking at me," he said.

"So I went inside and saw a knife on the counter. It's a six-inch kitchen knife."

Pierce said he stabbed the bear in the back, freeing Dublin. The pair ran back inside, and Pierce said he saw the bear sprinting around the backyard. After a few minutes passed, he said he couldn't see the bear anymore and decided to go back outside to see if he dropped the knife.

> **It scares me to death to think of what could have happened... We could have had a very different outcome.** L.B. Ormiston, Pierce's mother

Unbeknownst to him, he said the bear was waiting on the deck.

"I took one step out, and the bear inched forward to me," he said.

"It was trying to get after me, so I went back inside and got away from the door."

Miraculously, Pierce said, he only suffered a few scratches on his legs from landing on a tree stump during the scuffle.

His dog was also uninjured, albeit shaken.

He said he believes the knife is still in the bear's back.

Conservation officer Cody Ambrose confirmed officers received a report of a bear that had been stabbed during an interaction with a dog and a boy in Port Coquitlam.

Following the report, he said officers set up a bear trap, which was removed Monday.

Ambrose said he had not received any reports of an injured bear in the area but that it is possible the animal managed to remove the knife itself.

"There's also the possibility that it carried on and died in the bush," he said.

Pierce's mother L.B. Ormiston, who wasn't home during the attack, said she is relieved her son and his dog escaped unscathed.

"It scares me to death to think of what could have happened," she said. "We could have had a very different outcome."

TRANSIT

Tories commit to Surrey light rail

Matt Kieltyka
Metro | Vancouver

The Conservative government will commit up to $700 million to realize Surrey's light-rail-transit dream during an election campaign that has seen all parties promise to spend big on infrastructure.

Star candidate Dianne Watts, the former mayor of Surrey, retiring industry minister James Moore and all other Surrey Conservative candidates announced the funding commitment on Monday.

Prime Minister Stephen Harper had planned to make the announcement himself earlier this month, but his Surrey visit was reworked at the last minute to address the Syrian refugee crisis.

"Light-rail transit will shape our city, spur economic growth and connect communities," said Watts.

The two proposed LRT lines in Surrey are still dependent on Metro Vancouver coming up with its third of the funding for the project after a proposed 0.5 per cent regional sales tax was defeated in this year's plebiscite.

The Conservatives, NDP and Liberal parties have all previously said they are prepared with federal funding should the project move forward, as has the province for its share.

"They all do their polling and know what the important issues are," said Simon Fraser University marketing professor Lindsay Meredith. "Surrey has got a big whack of seats and is one of the most high-profile areas with a need for transit."

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

First-timer's vote most likely to be a compromise

ROSEMARY WESTWOOD
in Calgary

Tina Belay is treading carefully.

The 21-year-old science major at the University of Calgary isn't used to media interviews, and on top of that, she's serious about her first chance to vote.

She pauses before answering my questions, looking for the right words.

Mostly, she's far from made up her mind on how to vote.

"Women's issues are really important to me," she says. "We are a developed nation, we're a modern nation. People think we're handling it. But these issues are still prevalent today" — things like equal pay, and violence against women. The leaders "have been talking about gender inequality, but they haven't been talking specifically about women's issues," she adds.

She hasn't immediately ruled out the Conservatives, though Stephen Harper declined to participate in a debate on women's issues, which would have been the first in decades.

Belay has dreams of finding work at a biotech company, but notes even the supposedly job-guaranteeing engineering degree holds uncertainty these days. She cares about career opportunities, and worries about the low dollar and the economy.

When I ask for her wish list in the next prime minister, Belay gets animated. "My wish list! OK."

She'd like to see bills C-51 (on surveillance, supported by the Liberals) and C-24 (on dual citizenship) repealed.

She'd like a missing and murdered indigenous women inquiry.

She'd like a national minimum wage, and says the NDP's $15-an-hour plan could be a good start.

"The environment is a huge thing," she adds. "Climate change is real. We have to start looking at sustainable sources of energy, less reliance on Alberta's oil. It is a really important part of our economy, but it's not sustainable."

Despite feeling like she's in the middle of the political spectrum, if not slightly left, she's not ready to rule anyone out. And the decision isn't getting easier.

"The more I learn, the more confused I feel," she says. In an election where many see the NDP as having been outflanked to the left by the Liberals, she's not alone. The parties aren't sticking to the cookie-culture image of political ideologies, she says.

With no obvious political home, this — her first vote — will undoubtedly be a compromise. It would help, she said, if the parties offered more specifics for some platform plans. "How exactly are you going to do that? People need to hear concrete actions they're going to take."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she is in Ottawa

VOTER PROFILE

Name: Tina Belay **Age:** 21 **Riding:** Calgary Skyview
Her issues: Women's rights, environment, Bill C-51, missing and murdered women, minimum wage, climate change

Youth eye change in Calgary, but will they vote?

TURNOUT

Young voters don't cast ballot until older, data show

Aaron Chatha
Metro | Calgary

In 2006, Tyler Longmire was sitting in his university residence with friends, knocking back shots of liquor while they watched the federal election.

It was the first election in which he was old enough to cast a ballot and one that saw Stephen Harper elected into office for the first time, with a minority government. The rest of the night is a blur.

Fast-forward to the upcoming Oct. 19 election, and Longmire, now 27 and having grown up in Conservative Alberta, thinks that young Albertans will be voting for a change in federal power — just as they did when the NDP took the province in the May provincial vote.

"Just from my experience, I definitely don't know any people my age or younger who are really stoked for the Conservatives to win," he said. "But, then again, maybe that's just the circles that I run in."

Tyler Longmire believes there is an appetite for change among young Calgarians — but also a lot of apathy, which will prevent youth from turning up at the polls. AARON CHATHA/METRO

He believes the youth vote has soured on the Conservatives due to issues like Bill C-51, university and research funding and environmental decisions.

Melanee Thomas, political science professor at the University of Calgary, said the youth vote may have less to do with a need for change, however, and more to do with reflecting their parents' values.

"People who were 18, their parents are, what, 45?" she said. "Their parents are voting (New Democrat) at close to, but not quite, the same rate as their kids," she said.

Thomas said experiences like getting married and moving to a different community may change someone's party identifications, but those events often don't occur until someone's late 20s or early 30s.

Romy Garrido, vice-president of external relations for the University of Calgary Students' Union, agrees with Longmire: the provincial vote was a good indication youth are swaying toward change.

"I'm not sure how youth will sway this time around, but I wouldn't be surprised if something similar happens at the federal level that happened at the provincial level given that young people had a huge impact in the provincial results," she said.

Garrido added, however, the impact of the youth vote will be dependent on voter turnout.

Regardless of how youth are inclined to vote, said Duane Bratt, chair of the department of policy studies at Mount Royal University said, young voters can't be trusted to mobilize.

Bratt said it's no secret that regardless of location around Canada youth tend to vote more progressive, but he said years of historical data show that young voters don't vote until they get older.

> **"I wouldn't be surprised if something similar happens at the federal level that happened at the provincial level given that young people had a huge impact in the provincial results."**
> Romy Garrido

Longmire said he's seen an increase in political awareness and a reduction in voter apathy on his social media feeds, but doesn't know if that will translate to more youth votes.

He's still going to vote, and he hopes others do too.

And, yes, Longmire plans to throw another election day party Oct. 19.

CAMPUSES

Campaigns push for greater student voice

Regardless of political stripes, young people are mobilizing in greater numbers and it's showing in local Get Out the Vote Campaigns on campuses. The University of Calgary has more than 4,100 people pledging to vote. Mount Royal is pushing to reach 5,000 of its students making the commitment to cast a ballot. Both schools have found success in reaching out to the thousands of new students coming to campuses for the first time. "We go out and do classroom visits and try to be at all the welcome back events," Madina Kanayeva, vice president external at the Students' association of Mount Royal University, told Metro. The University of Calgary's GOTV team is personalizing their engagement with reminder messages to exercise the franchise.

METRO

Voters win Munk Debate

ANALYSIS

Substantive exchanges help clarify views of the leaders

Steve Rennie
Metro | Ottawa

Now, that is how you hold a federal leaders' debate. Only a few instances of shouting over each other. Largely calm and respectful exchanges in both English and French. A moderator, flanked by a live audience, who doggedly kept the leaders in check.

Hats off to the Munk Debates. Other debate organizers should take note.

The clear winner was the Canadian voter, who saw three party leaders espouse three distinct views on the country's role on the world stage.

Here's my assessment of how each leader did:

Liberal Leader Justin Trudeau, Conservative Leader Stephen Harper and NDP Leader Thomas Mulcair acknowledge the crowd from the stage at the Munk Debate on Canada's foreign policy, Tuesday, in Toronto. MARK BLINCH/THE CANADIAN PRESS

Justin Trudeau: A

Stephen Harper: B+

Tom Mulcair: B

Stephen Harper

A steady performance by the Conservative leader. His best exchange came after Trudeau said he doesn't like U.S. President Barack Obama. Harper shot back, asking the audience to imagine one of his rivals phoning up Obama on their first day in office and telling him that Canada is pulling out of the fight against ISIL.

Tom Mulcair

Mulcair needed a strong performance in this debate, with polls persistently showing the New Democrats' support is stalled in the 31 to 33 per cent range. He had some good zingers, often at Trudeau's expense, and eventually articulated when an NDP government would use military force in foreign conflicts.

He got in a nice jab in his closing statement, saying Canadians now have a choice between the Liberal sponsorship and Conservative Senate scandals.

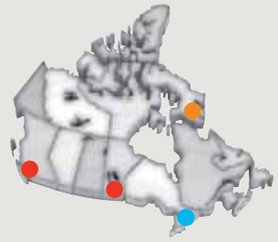
Justin Trudeau

This was probably Trudeau's best debate performance. He made his interjections mean something by using them far less than he did in the first two English-language debates.

His best exchange of the night came when in response to what he characterized as attacks on the legacy of his father. Trudeau, in his most passionate response of the night, cited the Charter of Rights and Freedoms and multiculturalism as some of his father's accomplishments. Then he pivoted, using another of his father's legacies to land a body blow on Mulcair.

"Bilingualism, which, as my father understood, Mr. Mulcair, means saying the same thing in French that you say in English," Trudeau said. The line drew an audible "ooh" from the crowd and left Mulcair at a bit of a loss.

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Vaughan, Ont.
- **Justin Trudeau** will be in Winnipeg and Richmond.
- **Tom Mulcair** will be in Iqaluit, Nunavut.
- **Elizabeth May** no itinerary available.

FACEBOOK COMMENT

B.C. candidate quits over post

A Liberal candidate on Vancouver Island has resigned over a Facebook post questioning the origins of the 9/11 attacks.

A media report says Maria Manna said in a Sept. 11, 2013 post that she knows the truth about who's responsible for the attacks on the United States and that love is the answer.

The candidate for the new riding of Cowichan-Malahat-Langford said Monday in a statement posted on her Facebook site that she fully supports Liberal Leader Justin Trudeau.

She says the election is far too important to have her past opinions and comments detract from the goals of the party.

The party had no immediate comment.

Manna says she sincerely apologizes to people she has offended and that she will continue to devote herself to her music and humanitarian work.

She is the second Liberal candidate from British Columbia to quit this month. Joy Davies stepped down after Facebook posts about marijuana and cancer came to light.

THE CANADIAN PRESS

CAMPAIGN TRAIL

Invite Bloc to debate: Greens

The federal Green party is still holding out hope for an English-language campaign debate aired by the major television broadcasters — and it says Bloc Québécois Leader Gilles Duceppe should be there.

The Greens are calling on CBC, CTV and Global to invite Duceppe, in keeping with the principle that any leader with MPs elected under their party banner should be asked to take part.

It marks the latest effort by the Green party — whose leader Elizabeth May is already invited — to revive interest in an event that may not happen at all.

Conservative Leader Stephen Harper has indicated he will not take part and NDP Leader Tom Mulcair says his participation is contingent on Harper being there.

Elizabeth May

The absence of two leaders could scuttle the debate, long a campaign fixture viewed by several million people.

However, Green party spokesman Julian Morelli says he's been assured the event will go ahead as long as Mulcair and Liberal Leader Justin Trudeau agree to participate.

"It's ridiculous if we don't have a nationally televised English debate," he said. "If you believe in democracy, then you believe all voices should be heard."

National television exposure alongside the other parties is crucial for the Greens, with their modest advertising budget and just two seats in the last Parliament.

The five main leaders took part in a French-language exchange last week.

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DISCOVERY

Water's flowing on Mars, NASA thinks

Mars appears to have flowing rivulets of water, at least in the summer, scientists reported Monday in a finding that boosts the odds of life on the red planet.

"Mars is not the dry, arid planet that we thought of in the past," said Jim Green, director of planetary science for NASA.

Scientists in 2008 confirmed the existence of frozen water on Mars. Now instruments aboard NASA's Mars Reconnaissance Orbiter have yielded what researchers said is the strongest evidence yet that water in liquid form trickles down certain Martian slopes.

And because liquid water is essential to life as we know it, the finding could have major implications for the possibility of microscopic life forms on Mars.

"It suggests that it would be possible for there to be life today on Mars," NASA's science mission chief, John Grunsfeld, said at a Washington news conference.

The rivulets — if that's what they are, since the evidence for their existence is indirect — are about 12 to 15 feet wide and 300 feet or more long, scientists said. They apparently consist of wet soil, not standing water, scientists said.

The water is believed to contain certain salts — not ordinary table salt, but magnesium perchlorate, magnesium chlorate and sodium perchlorate.

THE ASSOCIATED PRESS

IN BRIEF

Prison worker who aided jailbreak sentenced

A sobbing former prison worker who helped two murderers escape from a maximum-security lockup said she regretted her "horrible mistake" as she was sentenced to up to seven years.

Joyce Mitchell apologized profusely as she was sentenced. Mitchell, 51, pleaded guilty to charges related to providing hacksaw blades and other tools to inmates Richard Matt and David Sweat.

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Russian President Vladimir Putin takes part in a luncheon hosted by United Nations Secretary-General Ban Ki-moon at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

World leaders at UN split on Syria crisis

DIPLOMACY

Major powers discuss finding viable solution to conflict

Vladimir Putin played it cool, Barack Obama was earnest but firm and Iran's president walked in smiling.

World leaders glided through the opening day of a UN gathering that aims to wrestle with the globe's biggest crises — a historic flood of refugees, the rise of threats like the Islamic State of Syria and the Levant group and the conflict in Syria.

The UN secretary-general for the first time called for the civil war in Syria to be referred to the International Criminal Court, while Iranian President Hassan Rouhani said Iran's recent nuclear deal with world powers had a broader goal: "We want to suggest a new and constructive way to recreate the international order."

Obama and Putin, hours ahead of their first face-to-face meeting in nearly a year, gave no sign of closing their deep divide on the Syrian crisis.

Obama said of Syrian President Bashar Assad, "When a dictator slaughters tens of thousands of his own people, that is not a matter of a nation's internal affairs." The U.S. is prepared to work with any country, including Russia and Iran, to resolve Syria's conflict, Obama said.

> **We want to suggest a new and constructive way to recreate the international order.**
> Hassan Rouhani, president of Iran

The U.S. president also took jabs at Russia and China, without naming names. "The strong men of today become the spark of revolution tomorrow," Obama warned. And he added in a critique of restrictions on speech, "You can control access to information ... but you cannot turn a lie into truth."

Putin, who showed up at the UN gathering for the first time in a decade and was not at Russia's seat in the chamber when Obama spoke, called for the creation of a broad international coalition against terror.

THE ASSOCIATED PRESS

Migrant children, newborns treated for flu as temperatures plunge in Croatia

Doctors treated migrant children — including newborns — for exposure as dropping temperatures Monday worsened the plight of asylum-seekers walking for days trying to reach sanctuary in Europe.

One group of migrants crossed into Croatia near the small village of Bapska, walking through cornfields and forests late Sunday to pass through a small gate that marks the border with Serbia.

Vladimir Bozic, a physician from Doctors without Borders, said he had treated many young children for temperature-related illnesses.

"We saw a one-month-old baby, even (one just) 15 days," Bozic said.

Volunteers from the UN High Commissioner for Refugees handed out blankets, warm drinks and food to those fleeing conflict and poverty in the Middle East, Africa and Asia.

Many are suffering in rising numbers from colds and the flu after days or weeks on the move in the rain and the mud.

"I expect even more, with the worsening of these cold conditions," Bozic said. "Winter is coming."

Migrants lined up at Croatia's Opatovac transit centre Monday to take trains out of the country. About 78,000 asylum seekers have crossed into Croatia since Sept. 15, when Hungary closed its border with Serbia, diverting the migrants to Croatia.

Saed Al Mousawi, who fled from Afghanistan, said the drop in temperatures had made many feel unwell, especially the children. T h e route has been hard, but he's determined to keep going.

"We have dreams to have a peaceful life, without war, without any other distractions," he said.

Little peace remained, though, between Balkan rivals Serbia and Croatia.

THE ASSOCIATED PRESS

MUSEUM

Artworks returning to India

Four rare artworks believed to have been stolen are being returned to India by an Ohio art museum.

Director Brian Kennedy recently announced that the Toledo Museum of Art made arrangements with the Embassy of India to return the objects, including an 11th-century bronze sculpture depicting the deity Ganesh, and a carved stone.

The facility had been in discussions with the Justice Department and the Republic of India about the pieces, which came from a former art dealer now accused of illegal exportation and other crimes, Kennedy said. The other items being returned are an 18th century watercolour and centuries-old decorative box.

The museum also announced it is returning more than 110 items that were donated by the dealer, Subhash Kapoor, and his gallery, but weren't officially added to the museum's collection, The (Toledo) Blade reported. THE ASSOCIATED PRESS

Pope speaks on sex abuse

WARNING

Francis meets survivors on last day of U.S. visit

Pope Francis has defended his words of consolation to U.S. bishops over the priest sex abuse scandal but says — for the first time — that those who covered up for abusers are guilty of wrongdoing.

In a wide-ranging news conference en route to Rome from his first-ever visit to the United States, Francis also declared conscientious objection a "human right," explained his admiration for American nuns and discussed his own star power, which was fully on display during his six-day, three-city tour.

He also invented a new Italian word to describe the exuberant reception he received in New York City: "stralimitata" — roughly, "beyond all limits."

On his last day in the U.S., Francis on Sunday met with five survivors of sexual abuse and issued a warning to bishops that they would be held accountable if they failed to protect their flocks.

Pope Francis waves as he arrives at Rome's St. Mary Major Basilica Monday after a 10-day trip to Cuba and the United States. RICCARDO DE LUCA/ THE ASSOCIATED PRESS

"Those who covered this up are guilty," he said. "There are even some bishops who covered this up. It's something horrible."

> **Those who covered this up are guilty.**
> Pope Francis

While the Vatican has cracked down on priests who rape and molest children in recent years, it has long been accused of turning a blind eye to the bishops who moved abusers around rather than report them to police.

Francis has agreed to create a tribunal in the Vatican to prosecute these bishops for abuse of office and has accepted the resignations of three U.S. bishops who mishandled abuse cases.

Francis defended his words of consolation to U.S. bishops in Washington, saying he wanted to acknowledge that they had suffered, too.

"The words of comfort weren't to say, 'Don't worry, it's nothing.' No, no, no. It was that, 'It was so awful, and I imagine that you have wept so much,"' he said.

On Sunday, Francis directed his attention to the victims of abuse themselves, meeting with five survivors, including people who had been molested not only by priests but also abused by family members or educators.

He apologized to them that often their accusations weren't taken seriously, and promised to hold bishops accountable.

Francis said he understands how a victim or a relative of a victim could refuse to forgive the priest who abused.

"I pray for them, and I don't judge them," Francis said. THE ASSOCIATED PRESS

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Taliban fighters take their positions after occupying a police station in Kunduz, Afghanistan, on Monday. THE ASSOCIATED PRESS

Taliban claim strategic city

AFGHANISTAN

Defenders not prepared for attack from all angles: Official

The Taliban captured the strategic northern Afghan city of Kunduz on Monday in a multi-pronged attack involving hundreds of fighters, marking the first time the insurgents have seized a major urban area since the 2001 U.S.-led invasion.

The fast-moving assault took military and intelligence agencies by surprise. The city is one of Afghanistan's richest and the target of repeated Taliban offensives as the militants spread their fight across the country following the withdrawal last year of U.S. and NATO combat troops.

Within 12 hours of launching the offensive around 3 a.m., the militants had reached the main square, tearing down photographs of President Ashraf Ghani and other leaders and raising the white flag of the Taliban movement, residents reported.

More than 600 prisoners, including 140 Taliban fighters, were released from the city's jail, and many people were trying to reach the airport to flee.

"Kunduz city has collapsed into the hands of the Taliban," said Interior Ministry spokesman Sediq Sediqqi.

"Security forces in Kunduz were prepared for an attack but not one of this size and not one that was co-ordinated in 10 different locations at the same time."

The Taliban used social media to claim the "conquest" of Kunduz and assure residents that the extremist group — responsible for the vast majority of nearly 5,000 civilian casualties in the first half of this year, according to the UN — came in peace.

A statement attributed to the group's new leader, Mullah Akhtar Mansoor, said: "The citizens of Kunduz should not worry about safeguarding their lives and properties. Carry out your ordinary livelihoods in absolute security. All traders, workers, staff of hospitals, municipality and governing bodies should continue their daily routines without any fear."

Sediqqi said military reinforcements were being sent to Kunduz. "We are trying our best to clear the city as soon as possible," he said.

THE ASSOCIATED PRESS

YEMEN

Wedding party massacred by mistake in airstrike

The Saudi-led coalition targeting Yemen's Shiite rebels mistakenly struck a wedding party on Monday, killing at least 38 people, Yemeni security officials said.

The strikes hit the celebration in al-Wahga, a village near the strategic Strait of Bab al-Mandab, said the officials, who remain neutral in the conflict that has splintered Yemen.

At least 40 people were wounded in the two airstrikes, they said. The strikes, a senior government official said, were "a mistake." Many of the victims were women and children, according to several villagers.

Further details about the massacre were not immediately known, but the village in which it took place lies in the battered Taiz province, where civilians routinely fall victim to daily Saudi airstrikes as well as rebel mortar shells.

THE ASSOCIATED PRESS

Darren Pereira's company Hüüver has begun to sell online its Üüboard brand of self-balancing electric boards. MARTA IWANEK/THE CANADIAN PRESS

Hoverboards in patent war

TRANSPORTATION

Canadian entrepreneur not put off by legal battles

A Canadian entrepreneur is stepping into a fierce global patent war as he begins to sell a hands-free "hoverboard" he believes will revolutionize urban transportation.

Darren Pereira's Hüüver company has begun to sell online its brand of self-balancing electric boards called Üüboard. A Toronto dealership is in the works. The colourful units that travel up to about 10 km/h have motors that are propelled by movements detected from sensors near the feet.

"I think it's going to change the way we move," Pereira said in an interview from Toronto.

Two gyroscopes are so sensitive they detect small shifts in balance. Lean forward and the device moves forward. Lean back and it reverses. Move to the right and it turns that way.

The technology — described by some as mini-Segways without the poles — has drawn the ire of the New Hampshire-based company that first introduced its self-balancing personal vehicle in 2001.

The subsidiary of China's Ninebot technology last week filed suit in Delaware for patent infringement against Inventist Inc., a Washington state company that sells transportation devices, including Hovertrax and Solowheel.

> **"I think it's going to change the way we move."**
> Darren Pereira

Ninebot said its second-generation units, launched in 2006, included patented LeanStar technology.

Inventist, however, said it has its own patents for "a two-wheel, self-balancing vehicle with independently movable foot placement sections."

It filed suit against Ninebot in China, and last June against Soibatian Corporation for their product, the IO Hawk. Billionaire Dallas Mavericks owner Mark Cuban then partnered with Inventist's founder, adding firepower to the effort to go after alleged copycats.

Pereira, however, says the legal battles won't deter him from pursuing this business opportunity.

Several Chinese factories pump out thousands of units a day under various names including Oxboard, Cyboard, Future Foot, Monorover, Airboard, Freego, Esway and Overoad.

The Üüboard sells for $949 and comes with a one-year warranty, but rival products are available for between about $600 US and $1,800 US. Hüüver's Chinese supplier, Cube Electronics Tech, said they can be purchased directly for up to $200 US.

THE CANADIAN PRESS

IN BRIEF

Women on boards varies by industry, size: Survey

A review of more than 700 companies listed on the Toronto Stock Exchange has found that the number of women on corporate boards and in executive positions varies by industry and company size. About 60 per cent of companies with a market capitalization more than $2 billion reported having at least two female board members. And 59 per cent of the reporting issuers of that size said they had at least two female executive officers. Meanwhile, 62 per cent of companies with a market capitalization below $1 billion had no women on their boards. THE CANADIAN PRESS

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metro VIEWS

Relax, dude: A new Forum poll of 1,557 Canadians found we're becoming more permissive of things we once stigmatized — including marijuana, prostitution and assisted suicide.

EMMA TEITEL: ON HARPER'S IMAGE ABROAD

There's something both morally suspect and frankly unconvincing about this "reputation" business — which asserts that Canada, once a shining example to the world, has fallen from grace.

What do Stephen Harper and Joan Jett have in common besides a burning love for rock and roll?

Neither, apparently, gives a damn about his or her reputation. Jett said so explicitly in her hit song Bad Reputation, released in 1980. And Harper, according to his foes, has quietly and deliberately diminished Canada's international standing as the True North Strong and Friendly since he entered the prime minister's office in 2006.

Thanks to the Conservative government, we often (annoyingly) hear, "Gone are the days when youngsters travelling abroad sewed miniature Canadian flags to their backpacks with pride." (An alternative explanation for this supposedly waning trend? Young people can't sew. Last year, researchers at the University of Missouri found that millennials are severely lacking, compared to their parents, in clothing repair and maintenance skills.)

Backpacker pride aside, though, according to an Angus Reid study released this week, "Canadians are twice as likely to say this country's reputation has worsened over the last decade as improved." And remarkably: "In spite of this view," reports Angus Reid, "they (Canadians) still choose Stephen Harper as the leader best suited to represent Canada on a number of key foreign issues, including terrorism and trade."

In other words, even supporters of Harper seem to be under the impression that the PM has significantly scarred the country's reputation.

Like Joan Jett, Stephen Harper doesn't care one iota about his reputation — just as most of the rest of the world doesn't care about Canada's, writes Emma Teitel. GETTY IMAGES

Were Joan Jett not currently tied up, and were she remotely interested in the job, I wouldn't be surprised if she gave Harper a run for his money in the general election.

So supposedly devastating to our national standing is the PM's hawkish foreign policy, you'd think anyone besides Donald Trump would do a better job at salvaging the country's reputation. That is, assuming Canadian self-perception is accurate — assuming our reputation needs salvaging in the first place.

It's true: Harper has muzzled scientists, shown contempt for journalists, and served unhelpfully — some would say — as an uncritical friend to Israel. He appears to have little love for Canada's indigenous and refugee populations — nor its women, whom he has consistently snubbed in the election cycle.

But has Harper really marred our standing on the world stage in such a major way?

There is something both morally suspect and frankly unconvincing about this increasingly popular "reputation" business — which asserts that Canada, once a shining example to the world, has fallen from grace in a short period of 10 years. That Canada — regardless of its newfound conservative bent and hardline foreign policy — is top of mind to anyone outside its borders.

It seems as though obsessive anti-Harperism has given us a kind of national narcissistic personality disorder, where we assume the entire earth is talking in hushed tones about how much we've changed for the worse. (Harper may be the big bad wolf on Canadian soil, but he is small potatoes outside our borders.)

This sentiment is ridiculous when you consider that we are consistently named one of the most well-liked countries in the world. This summer, according to the CBC reporting on yet another best-nation reputation contest (this one spearheaded by Reputation Institute) "For the fourth time in six years, Canada has come out on top in a survey that tries to determine which country has the best reputation."

Harper may have altered our standing in the minds of activists and diplomats — where landmine clearance, women's contraception and refugee and aboriginal rights are concerned — but he does not have the power to eviscerate it the world over. Ignorance is actually, ironically, our best friend in this regard: The kinds of cheap generalizations we cringe at when travelling in the United States or Europe are a welcome alternative to the truth.

Ask a foreigner what he thinks of when he thinks of Canada, and it is unlikely he will evoke the prime minister with the icy stare steering a nation away from its soul. Instead, he will probably mention cold winters, Justin Bieber, poutine, Drake or any number of friendly stereotypes that inspire the trinkets we balk at in our airport gift shops: maple syrup, beavers, moose slippers. Some clichés, thank God, never die.

We often hear, "Gone are the days when youngsters travelling abroad sewed miniature Canadian flags to their backpacks with pride." An alternative explanation ... Young people can't sew.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

Bus-sharing is a great option for community organizations

Karen Quinn Fung

Thursday is National Seniors Day. Many seniors today enjoy healthy, independent, socially connected lives, supported by loved ones and surrounded by familiar places — a cause for celebration and gratitude.

But a fair number also face uncertainty, if they are unable to safely operate their cars or cannot afford to do so. In many Vancouver neighbourhoods that primarily cater to drivers, giving up a car can mean not just a harder time meeting basic needs or accessing medical services. It can mean more effort required to stay connected to friends and family, to participate in community or to enjoy recreational activities.

That's a big loss to those of us who value and cherish our seniors. But it can be devastating for seniors lacking other sources of support.

New challenges spur new solutions. I learned of one called the Bus Co-op, which adds yet one more option in the eternal struggle to get around in ways that work.

Much like car-sharing, popular with individual drivers in Metro Vancouver, bus-sharing allows organizations to use buses when they need them, in a different way than traditional ownership or bus rentals.

It works like this: An organization invests in shares in the co-op to become a member. As a member, they can rent and use buses that are stored, maintained and insured by the Bus Co-op. Members book vehicles in advance, picking them up and dropping them off at permanent storage locations. Organizations provide their own driver, and take responsibility for fees like parking and tolls. The buses transport 18 to 22 people at a time.

Meanwhile, ongoing costs like insurance, maintenance and long-term parking are spread among all the co-op's members. All benefit by paying cop-op staff to manage these details, allowing for better use of an organization's staff time. The member organizations have a partnership role in the co-op, compared to just being a customer of a rental bus company. And they also get more of a say in the future of the vehicles.

For the Bus Co-op's members, working with and providing services to seniors, the co-op model is a great fit. They've been garnering attention and interest among potential member organizations from across Metro Vancouver, who all have transportation needs but who want to spend less of their tight budgets on getting around.

More proof that when we work together to respond to where our assets, strengths and needs lie, we can not only make better use of what we've got — we create better ways of working for everyone.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

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Commemorative Amy Winehouse box set to be released in December

Scientists love The Martian

Matt Damon is an astronaut stranded on Mars in The Martian, which opens this weekend.
CONTRIBUTED

ANALYSIS

Despite flimsy science, film shows planet's challenges

Surviving in space is hard and scientists say The Martian shows precisely what challenges astronauts will face on a pioneering mission to Mars, even though it contains some big inaccuracies right from the get-go.

Case in point — the colossal storm that causes the crew to abandon the movie's main character, botanist Mark Watney played by Matt Damon, would not have packed much of a punch on the Red Planet.

"The fundamental starting premise is completely incorrect," said Mars expert Scott Hubbard, a consulting professor in the department of aeronautics and astronautics at Stanford University.

Due to the thin atmosphere on Mars, wind speeds could only reach about half a hurricane's strength, and "would probably not be sensed by an astronaut — let alone pose the sort of threat seen in the movie."

Still, Hubbard and others say they are fans of the story — both the novel, written by Andy Weir, and the movie, directed by Ridley Scott — because it brings to life the obstacles NASA must overcome as it strives to send humans to Mars by the 2030s.

In the movie, NASA is already there, landing an ethnically diverse crew on the Red Planet, where Damon's character accidentally gets left for dead with about a month's supply of food.

Facing the prospect of waiting four years until a spaceship could get back to him, he is constantly thinking about what could kill him and how to avoid it — that is, when he is not dancing to the disco music left behind by his commander or vowing, "I am going to have to science the s— out of this," in order to survive.

"The thing we like about the movie is it shows how you think one, two, three steps ahead," said NASA astronaut Rex Walheim.

Some scenes from The Martian are based in science that's already happening. When Damon's astronaut grows potatoes on the Red Planet, it's possible astronauts could do such a thing. Scientists on Earth have figured out how to grow plants in harsh environments, as well as split carbon dioxide (CO_2) in order to get oxygen, and to split water (H_2O) to get oxygen.

What is missing is an experiment to test these techniques in a long-term Mars simulation on Earth, by sealing people off in an area with no outside oxygen or water and only their own tools for growing food and recycling waste. That hasn't been done in the United States since the Biosphere 2 project in the 1990s.

There is a year-long NASA-funded Mars simulation under way in Hawaii, but its focus is primarily crew psychology.

Retired NASA astronaut Leroy Chiao said he tried to leave his "technical hat" at the door when he saw the movie.

But there were a couple of scenes that were "implausible and too much," he said.

One involved an astronaut puncturing a glove to devise a thruster. The other came when a crew member crafted a makeshift bomb that blew up just one part of the spaceship.

"There is no way either one would work!" Chiao said.

But space policy expert John Logsdon said he expects the story will inspire young people to keep working on ways to get there. "I think the bottom line of both the book and the movie is yes, it is worth doing," he said.

AFP

> **The thing we like about the movie is it shows how you think one, two, three steps ahead**
> Astronaut Rex Walheim

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The Second Mother
(BRAZIL, 112 MIN.)
THU. OCT 1, 6:00 PM, CENTRE FOR ARTS
TUE. OCT 6, 4:15 PM, INTL VILLAGE 10

Anna Muylart has crafted one of the year's biggest crowd pleasers! A cheerful São Paulo housekeeper (the wonderful Regina Case) finds her life—and the lives of the high class family she cares for—comically turned upside down when her estranged daughter (Camila Mardila) shows up and unleashes a welter of issues relating to class difference, infatuation, motherhood and privilege. "Beautifully written and acted with precision, this film's a winner."—*Hollywood Reporter*

The Lobster
(UK/GREECE/IRELAND/NETHERLANDS/FRANCE, 118 MIN.)
WED. SEP 30, 9:15 PM, CENTRE FOR ARTS
MON. OCT 5, 3:15 PM, CENTRE FOR ARTS

The pressures of courtship are pushed to absurdist extremes in this outrageous comedy from Yorgos Lanthimos (*Dogtooth*). Confined to an isolated resort, singles (including Colin Farrell) must take a mate within 45 days or be transformed into animals. As Farrell falls in with a band of rebel loners (who count Rachel Weisz among their members), Lanthimos wrings much pathos from his outlandish premise. "A wickedly funny, unexpectedly moving satire... Perversely romantic..."—*Variety*

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Lessons from episode one of Quantico

PREMIERE

New drama has twists to make your head spin

Lakshmi Gandhi
Metro | New York

Viewers who tuned in to Sunday's premiere of Quantico, the new ABC drama that stars Bollywood actress Priyanka Chopra, would be forgiven if they came away from it thinking they were watching an FBI version of either Grey's Anatomy or Scandal.

While Shonda Rhimes isn't involved with the new show, her influence and style are apparent throughout (indeed, The New York Times noted that the two shows share at least two executive producers.)

The most obvious Grey's Anatomy parallel is that Quantico is an ensemble drama filled with ridiculously attractive and ridiculously earnest characters who are just starting their high-powered careers.

In the case of Priyanka Chopra's Alex Parrish and her co-workers, the group is a highly educated and savvy group of FBI recruits that come from all walks of life and are meeting for the first time in training.

Were you having as hard a time keeping track of everyone's backstories as we were?

Here are four things we learned from Sunday's premiere.

Priyanka Chopra goes Hollywood with this anticipated new drama. HANDOUT

1 Things start with a bang

Or an explosion, to be perfectly accurate. Viewers first get a glimpse of Alex surrounded by the rubble of what used to be Grand Central Terminal. We are then immediately taken back to a more innocent time nine months earlier, when Alex leaves her family home in San Francisco to head to the airport, and her new life.

A bit later on, as Alex comes to, she is almost immediately accused of being the mastermind behind the Grand Central attack. She's then placed in the impossible position of being forced to simultaneously investigate the crime and work to clear her name. All of the sudden, both the viewer and Alex are forced to doubt everything and everyone.

2 There's no such thing as a one-night stand in Quantico-land

In one of the most Grey's-eque moments, Alex has what she thought would be a wildly inappropriate, one-time fling with a mysterious stranger she meets on her plane. She tells him she's with Doctors Without Borders. He tells her he's an ex-military man in the Philippines. (Surprise! They are both lying!)

As she climbs off his lap post-coitus, she calmly explains to her new friend? paramour? why things between them will never work out. In the process she reveals to viewers that she has quite a few investigative skills already.

3 Hollywood can create diverse, multi-faceted characters

While Chopra is clearly Quantico's standout star, we have to admit that we were also immediately intrigued by the character of Nimah, a hijab-wearing Muslim recruit.

We first meet her entering a gas station off the side of a highway. Her request to use the washroom is denied, the owner saying that there is no bathroom on the premises (a lie that is quickly revealed.) He then insists that the bathrooms are available to paying customers only.

Nimah lashes out in the most perfect way possible, throwing a couple of dollars onto the counter and purchasing a cheap, probably "made in China" American flag key chain and then dashing off.

4 Everyone is hiding something

One of the most clever plot devices in the premiere episode was having the FBI recruits be forced to pair off and discover one another's darkest secrets. It was also the moment that lead to the episode's second biggest tragedy, when recruit Eric Packer shoots and almost kills one FBI staffer to prevent his secret from being revealed. That secret? That Packer impregnated a 14-year-old girl in Malawi while he was on a Mormon mission and that the child later died during an illegal abortion.

Like the others, Nimah also has secrets, one of which is that she has a twin who drapes her hijab on the left to Nimah's right. As a side note: We really want to know what kind of background checks this fictional FBI is using. (More on the Bureau's faulty system a bit later.)

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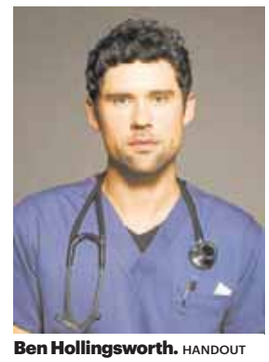
CODE BLACK

Series based on trauma cases

Harrowing stories from an overburdened U.S. medical system inspired the acclaimed documentary Code Black. And now that doc has inspired a TV series.

Benjamin Hollingsworth and Bonnie Somerville say each medical crisis depicted on CBS/CTV's Code Black is based on a real event — and was even shot in the same facility that witnessed those life-or-death moments. The two marvelled at re-enacting scenes at the shuttered headquarters for the Los Angeles County Hospital, which allowed the TV crew to enter after the centre was replaced by a new building.

The documentary captured the daily blood-spattered battles that took place in a 20-by-20 foot trauma bay and Somerville says the TV series attempts to do the same. Code black is invoked when an influx of patients is so great that hospital staff are too overwhelmed to treat them all. Hollingsworth said that while a typical urban hospital might go into code black five or six times a year, L.A. County goes into code black 300 times a year. Code Black premieres Wednesday on CBS and CTV. THE CANADIAN PRESS



Ben Hollingsworth. HANDOUT

TV BRIEFS

Netflix adds to lineup

Netflix has acquired the global streaming rights for three new productions.

Jane the Virgin, the story of a devout woman played by Gina Rodriguez who discovers she has been accidentally artificially inseminated, is one of the shows, according to The Hollywood Reporter. The streaming service has also picked up the CBS thriller Zoo and the drama Colony.

Netflix has also acquired the rights for season one of How To Get Away With Murder. AFP

MATERNITY LEAVE

A pregnancy is extra stressful when work is precarious

Kaitlyn Kochany
For Metro Canada

Self-employed and pregnant

The day we found out I was pregnant, my husband went to work, and I went back to bed. I didn't sleep: I lay awake under the covers and wondered if we could afford to have this kid.

Just about every newly pregnant person has some variation of this thought: How am I going to afford this?

For me, this question was doubly pressing. Would I lose my job if I took time off? Could I work in the evenings, while my husband looks after the baby? We would have to buy diapers and clothes, furniture and toys, strollers and books — and that was just the baby's first year. Then there would be daycare, school trips, extracurricular lessons, college...

I'm self-employed. I contract out 20 hours each week as an administrative assistant. The rest of the time, I'm a freelance writer. I spend anywhere from 10 to 20 hours each week pitching stories, organizing interviews, and trying to hammer out my columns.

My work week stretches over all seven days, and I answer emails any time between six in the morning and midnight. Since I'm just launching my writing career, my take-home pay runs somewhere between $1,500 a month and $2,500, depending on if I've had a great writing month or a lacklustre one.

I'm part of the 52 per cent of GTA residents in part-time, contract, or temporary roles. I do my own payroll, set my own schedule, and "my office" is also known as "our living room."

My day-to-day freedom has been a blessing during this pregnancy. I can schedule midwife appointments around interviews, and take naps in the afternoon when fatigue gets the better of me. Working from home means that my clients never saw my mad dash to the bathroom during a bout of morning sickness.

But that same freedom leaves me feeling unmoored. I left my last full-time job in March of this year, and was pregnant by May.

Canada requires self-employed people to pay into their employment insurance fund for a full year before they can claim any benefits, something that doesn't help those of us who are only pregnant for nine months. When the baby arrives in January, I will not be entitled to any paid maternity or parental leave.

> **It's possible that this baby will be cute enough that he or she can be put to work right away as a child model. But more likely, my husband and I will trade child-care duties.**

My husband, who works full-time, will take some parental leave during the first few months. I plan to return to my full workload between two and six weeks after I deliver. I can work flexibly, and work from home, but I will still be working.

This isn't a path I wanted. But choosing not to work for any reason (including an illness, new baby, or to care for a sick relative) means my income disappears. My husband's salary — either the full amount, or the 55 per cent of his gross pay that he would collect during parental leave — won't cover our rent, grocery bills, and the added expenses of a brand-new family member. So, from now until the baby's birth, we'll save as much money as we can. When we exhaust that, he'll go back to work full-time, and I'll do the same, albeit with a newborn at my side.

It's possible that this baby will be cute enough that he or she can be put to work right away as a child model, or we'll have a YouTube video of the kid laughing that lands us on daytime TV. But more likely, my husband and I will trade child-care duties (me during the day, him in the evenings), and do our best to be together as a family when we can find the time. I'll continue to scour buy-and-sell sites like Kijiji for deals on second-hand baby essentials, and keep my ear to ground for freelance opportunities. We'll rely on each other, and our friends and family, to keep the tumultuous early few months as even-keel as possible. And we'll celebrate!

Having a baby is exciting, something we have wanted for years. But that celebration won't be too lavish. After all, we'll be on a tight budget.

HEALTH

Pregnant? Freelancing? Things to consider:

Do I want maternity benefits? Once a self-employed person claims EI benefits, they're required to keep paying into the fund in perpetuity. Some women, especially those who are just starting out, may end up paying more into the fund long term than they'll receive during leave. Do the math before making the claim.

What do I need? Negotiate service and schedule changes based on your changing role with your clients ahead of time. For example, a C-section may require a longer recovery time than a vaginal birth, and require more time off.

Who are my networks? There are thousands of parents making self-employment work for them. Don't be afraid to ask for help, guidance, and feedback from people with experience.

Canadian model Coco Rocha's choice to bottle-feed her baby reveals conflicting attitudes about feeding. GETTY IMAGES

INFANT NUTRITION

Breast or bottle? Model's pick draws ire

Deciding whether to nurse or bottle-feed babies may be a personal matter, but the backlash faced by Canadian supermodel Coco Rocha for her choice reveals how divisive opinions can be about how infants are fed.

Rocha spoke out on social media against the "unwanted advice" she's heard about her decision to feed formula to her infant daughter.

"Not that this is anyone's business — I loved breastfeeding Ioni for the first five months of her life and then one day my milk went dry. It happens to every mom at different times," the Toronto-born, Richmond, B.C.-raised Rocha wrote in an Instagram post alongside a photo of Ioni bottle-feeding.

Breastfeeding is recommended exclusively for an infant's first six months, and can be continued for up to two years or longer with supplementary feeding, according to a joint position statement by Health Canada and other national organizations.

The Nutrition for Healthy Term Infants recommendations also recognized that infants many not be able to nurse exclusively. Parents "who have made a fully informed choice not to breastfeed" should be counselled on using breast milk substitutes.

> **No one knows what another mother has been through.**
> Cindy Leclerc, nurse

Parenting blogger Jennifer Pinarski said she's spoken with other women who, like Rocha, found their milk supply "wasn't sustainable."

"The assumption is that if you are formula-feeding that there is something wrong with your body. That's already a personal attack on a woman," said the mother of two, who lives outside of Kingston, Ont. "But in terms of formula being a choice as well ... there shouldn't be anything wrong with that."

Registered nurse and lactation consultant Cindy Leclerc said one of the most common reasons women discontinue breastfeeding is the belief they don't have sufficient milk for their little one.

"A lot of the time, women actually do have enough, but their breasts may not feel as full or the baby might be fussy for other reasons. And women are quick to doubt themselves," Leclerc said from Saskatoon. Early skin-to-skin contact between mother and infant helps both with milk production and when babies are struggling to latch to the breast, Leclerc said. Using a hospital-grade pump to stimulate milk supply as well as hand expression can also be key, she noted.

"No one knows what another mother has been through."

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CANADIAN CATHOLIC ORGANIZATION FOR
Development and Peace

Syrian refugees Omama, Rouya and Joud. CARITAS INTERNATIONALIS©

When home is no longer an option

In her short life, Omama, 8, has already seen more horrors than most of us will see in a lifetime.

Omama and her family are part of the four million Syrian refugees who have had to flee the brutal war that has been raging in their home country for more than four years. More than 95 per cent of these refugees are being hosted by Turkey, Lebanon and Jordan, while others are trying to make their way to Europe in search of a new beginning and renewed hope for life.

"She feels homesick, but how can you feel homesick when there is no home any longer," says her father, Khaled.

Their family home in Aleppo was destroyed by bombs and they had to live in a tent on the outskirts of the city for a year.

Their fears intensified as the sounds of explosions and gunfire felt all too close, and stories of the cruelty of the group calling itself the Islamic State reached their ears.

"We were frightened every single minute, every day and every night."

Finally, the family of six decided that home no longer existed for them in Syria. They walked to Turkey, where they paid smugglers to take them by boat to the shores of Europe. Khaled swam alongside the overcrowded boat with one of his other daughters to ensure that the whole family made it to the other side. Now, they hope to make it to Germany, but countries are closing their borders every day.

HELPING SYRIANS SINCE 2012

The organization Development and Peace has been supporting Syrian refugees since 2012.

The organization is the Canadian member of Caritas Internationalis, an international confederation of Catholic aid and development agencies, and with its Caritas partners, it is reaching thousands of refugees with emergency relief, such as food, water, shelter, hygiene kits and more for those most in need.

It is also working with several local organizations in Syria, where an estimated 12 million people are in need of aid.

Show your solidarity with those, like Omama, who need to feel that a better future is possible. Your donation will be matched by the Canadian government until Dec. 31, and placed in its Syria Emergency Relief Fund.

To make a donation visit devp.org, call 1-888-664-3387, or text PEACE to donate $10.

metro SPORTS

"I would never complain about too short of a summer (after) winning a championship": NBA MVP Steph Curry is ready for training camp

IN BRIEF

Red Sox do Toronto a solid
Eduardo Rodriguez became the first Red Sox rookie left-hander to win 10 games in 43 years, and Boston slowed the New York Yankees' march toward a postseason berth with a 5-1 victory Monday night.

The Yankees had a chance to clinch their first playoff appearance since 2012 with a win — what would've been their 10,000th franchise victory — and losses by Minnesota, Texas and the Angels.

But scoreboard watching was rendered unnecessary when Travis Shaw and Jackie Bradley Jr. each hit two-run homers off Ivan Nova (6-10). New York dropped five games behind Toronto in the AL East.

The Yankees' fourth loss in 10 games came in front of 39,476 fans, the smallest crowd for a matchup in the Bronx between these rivals since May 27, 1999, according to STATS.

THE ASSOCIATED PRESS

Denorfia gives Chicago walk-off win over Royals
Chris Denorfia hit a pinch-hit home run leading off the bottom of the 11th inning to give the Chicago Cubs a 1-0 victory over the Kansas City Royals on Monday night.

Denorfia hit the first pitch from reliever Miguel Almonte (0-2) into the left-field bleacher for the Cubs' major league-leading 13th walk-off victory of the season. It was Denorfia's third homer of the season.

THE ASSOCIATED PRESS

Too clutch for Camden

MLB

Division crown tantalizingly close after latest Jays rally

MONDAY In Baltimore

4	3
BLUE JAYS	ORIOLES

As they charge toward their first AL East title in 22 years, the Toronto Blue Jays are finding new and interesting ways to win.

A team that has hit 223 home runs used a 60-foot dribbler to beat the Baltimore Orioles 4-3 Monday night.

Toronto's fifth straight victory, coupled with the Yankees' loss to Boston, reduced the Blue Jays' magic number for securing the division crown to two.

The Jays also moved into sole possession of first place in the American League with the Kansas City Royals' loss to the Cubs in Chicago. The team with the AL's best record is gets home-field advantage through the playoffs.

After scoring twice in the eighth to pull even, the Blue Jays got the decisive run against Brad Brach (5-3) in the ninth. Dioner Navarro led off with a single and was replaced by pinch-runner Dalton Pompey, who advanced on a single. After a sacrifice moved the runners up, Pompey scored when Justin Smoak hit a slow roller to first and Chris Davis threw wildly to the plate.

"I hit it off my thumbs," Smoak said. "Looking for a changeup, got a heater. That can happen."

The Blue Jays did get a home run — from Edwin Encarnacion — but that wasn't much of a factor in the Blue Jays' 35th comeback victory of the year.

"We can win any way possible," Smoak said. "This team is unbelievable. Guys fight to the end."

Brett Cecil (5-5) pitched one inning and Roberto Osuna got two outs for this 20th save.

Ryan Flaherty hit a three-run homer for the Orioles, who have lost four straight. Toronto starter Marco Estrada, Cecil and Osuna retired the last 17 Baltimore batters in order.

Estrada gave up three runs and four hits in 7-1/3 innings. After allowing Flaherty's home run in the second, Estrada retired 18 of the next 19 batters. The only Baltimore baserunner during that span was Wieters, who singled with one out in the fourth.

Down 3-1, the Blue Jays rallied in the eighth against Chris Tillman and All-Star reliever Darren O'Day. Ryan Goins led off with a single and advanced on a groundout before O'Day entered and gave up RBI singles to Ben Revere and Jose Bautista.

"Tip my hat to my guys," Toronto manager John Gibbons said. "They hung around and made a run at it late."

THE ASSOCIATED PRESS

Roberto Osuna and Russell Martin perform their customary victory handshake after the Jays' latest comeback win on Monday night at Baltimore's Camden Yards. MITCHELL LAYTON/GETTY IMAGES

AMERICAN LEAGUE PLAYER OF THE WEEK

Pillar like a superstar
Blue Jays outfielder Kevin Pillar was named American League player of the week Monday after batting .524 with two homers and six RBIs over six games last week.

Pillar was 11 for 21 at the plate with four runs scored, five doubles and five stolen bases. He also made several strong defensive plays in centre field. THE CANADIAN PRESS

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NHL VANCOUVER CANUCKS GAME Canucks forward Daniel Sedin, left, checks the Arizona Coyotes' Max Domi during Monday's pre-season game at Rogers Arena. The Canucks won 1-0 on Jared McCann's goal. DARRYL DYCK/THE CANADIAN PRESS

Habs hope to end nation's cup drought

NHL

Canadiens top odds list (18-1), Canucks are 66-1 longshot

With individual accolades all around him at the NHL Awards in Las Vegas, Carey Price's mind was still on the Stanley Cup that had eluded him and his teammates.

"I'd trade all four of these in for that one," the star Montreal Canadiens goaltender said. "We have a lot of very good parts in Montreal and a very good hockey team. We're gaining experience and I'm very, very happy and very excited about our future."

Price is the biggest reason to be excited about the Canadiens' present and future. The reigning Hart and Vezina Trophy-winner is only one player, but his presence makes Montreal the most likely team to end Canada's Cup drought that currently sits at 21 seasons.

Canadiens goalie Carey Price chats with his replacement Zachary Fucale last Tuesday in Montreal. THE CANADIAN PRESS

Oddsmakers give eight NHL teams better odds than the Habs (18-1), but they have the most realistic shot of any Canadian-based team. The Calgary Flames and Winnipeg Jets are 28-1, the Edmonton Oilers 33-1, Ottawa Senators 40-1, Vancouver Canucks 66-1 and Toronto Maple Leafs 100-1, according to the online sportsbook Bodog.ca.

If the Habs are going to lift the Cup for the first time since 1993, they'll need to do more to support a goaltender who is playing at the level of two-time Conn Smythe Trophy-winner Patrick Roy. Price led the league with 44 wins, a 1.96 goals-against average and .933 save percentage, but skaters have to score more and be better, too.

> **"I'd trade all four of these for that one.**
> Carey Price on winning the Stanley Cup instead of individual awards

"We're fortunate to have him, and obviously as players we want to help him out a little bit more than we did last year," centre Tomas Plekanec said. "A big part was Pricey, which is one thing that obviously we want to get better at and play better in front of him."

THE CANADIAN PRESS

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RECIPE One Skillet Tomato Basil Chicken Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Make dinner, not a mess with this delicious hearty one-pot meal.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Directions

1. Generously season your chicken breast with kosher salt and pepper. Cut chicken breast into 1-inch pieces.
2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.
3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.
4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

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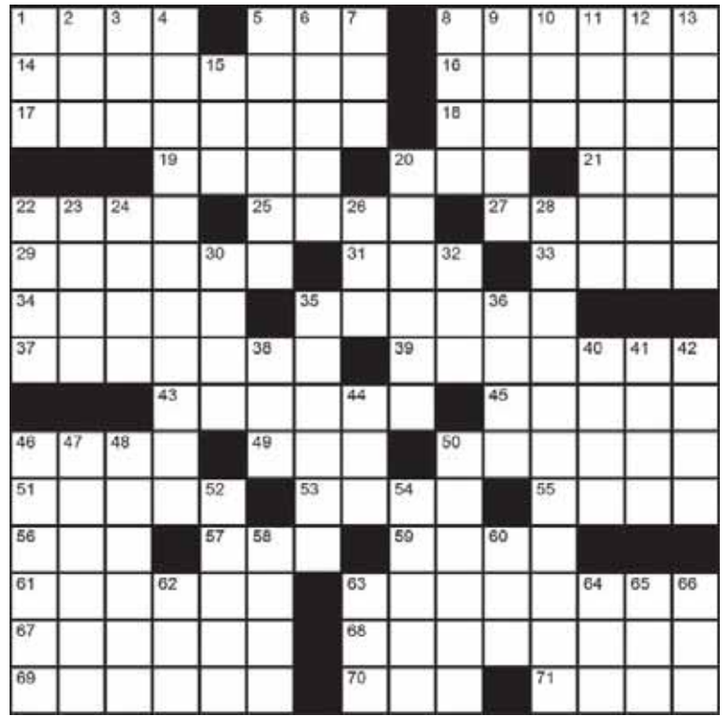
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. One-of-some in the vase's water
5. Male swan
8. Wife of Bobby Ewing on "Dallas"
14. Georges Bizet's famous aria sung by Carmen
16. Joyful
17. Rihanna tune on a cloudy day
18. Overseas
19. Stringed instrument of Japan
20. __ season (Ailment time)
21. Possessor's contraction
22. Commotions
25. "Long Day's Journey __ Night" (1962)
27. Distance runner on the track
29. 1986 horror flick inspired by the 1816 evening when Mary Shelley spawned the idea for Frankenstein
31. Sing wordlessly
33. People, in Paris
34. Chapel area
35. Spoken
37. Flips over the store's 'Closed' sign once again
39. Clawed, as a bird of prey
43. Biblical book/prophet
45. French word on a can of Campbell's
46. Incision's remnant
49. 1979 Wings album: 'Back to the __'
50. Plug insertion site
51. Hot chocolate
53. Cape Canaveral org.
55. Haws partners
56. Piece of food
57. Occurred
59. "Travelin' __" by Dolly Parton
61. 1951 mainframe computer
63. Huffy human-on-a-highway happening: 2 wds.
67. Backslide
68. Complaints from loud noises
69. War horses
70. Kingston Trio lettered tune
71. Door fastener

DOWN
1. Moo __ pork (Take-out dish)
2. __-o'-shanter
3. Dwindle
4. Recently-hired President and CEO for the Toronto Blue Jays: 2 wds.
5. Boston basketball player
6. Synthetic fibre
7. Sheared-one's sound
8. Ring loudly
9. Rock band's output
10. Scratch
11. Sparkler in le ciel
12. Do dough-raising
13. Puff __ (Viper varieties)
15. Keanu role
20. Quadrant
22. Culture medium
23. Bananas brand
24. Mr. Preminger
26. __ Beatles
28. Nickname of Inuvik landmark Our Lady of Victory: 2 wds.
30. Wraths
32. Entrepreneur's deg.
35. Peaceful hand creations
36. Likewise
38. Balmoral veto
40. Zap
41. Blade in sports
42. Investigators [abbr.]
44. Palindromic honorific
46. Thoroughly searches or examines
47. Trumpet-like instrument
48. Dynamic
50. World's biggest desert
52. Juno, for one
54. Short-tailed weasel
58. Behaves
60. Dietary letters
62. "Take Good Care of My Baby" by Bobby __
63. B.a.n.d. from Athens, Georgia
64. "Hunting High and Low" band
65. Some stoves
66. In particular, briefly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are stuck in a rut and need to find ways to make life more rewarding and exciting. Changes to your working routine can play a big role, so make that a priority.

Taurus April 21 - May 21
This could be and should be one of the most rewarding periods of the year for you but to make the most of it you need to be more active and adventurous. Take a few chances.

Gemini May 22 - June 21
Jupiter in the domestic sector of your chart is good for family relationships, so make it your priority to heal rifts with loved ones and relatives. Don't wait for them to make the first move — make it yourself.

Cancer June 22 - July 23
Something is not right and you must act on what your instincts tell you. No matter how appealing an offer may sound you must not get involved. Be blunt if you have to: don't worry about hurting others' feelings.

Leo July 24 - Aug. 23
Just because certain ways worked well in the past does not mean they will work well in the future. Look for unusual solutions to everyday problems.

Virgo Aug. 24 - Sept. 23
Don't hide yourself away. With Mars and Jupiter moving through your birth sign, you get what you want. You don't have to be subtle about it either — take charge.

Libra Sept. 24 - Oct. 23
You should be making serious progress towards your goals. If you're not then you need to ask yourself if maybe some of your methods need improving. Don't let retrograde Mercury undermine your confidence.

Scorpio Oct. 24 - Nov. 22
Let partners and colleagues know that you are ready to join the team. Too often you have been half-hearted about joint projects. Now be frighteningly enthusiastic.

Sagittarius Nov. 23 - Dec. 21
Others are sure to look up to you and follow your lead. Which might do wonders for your ego but do you actually know where you want to be going and why?

Capricorn Dec. 22 - Jan. 20
You are not as set in your ways as some people believe. Take the doubters by surprise. You will make a big impression on employers and other important people.

Aquarius Jan. 21 - Feb. 19
You are about to be made an offer you won't want to refuse but your suspicions could easily get the better of you. If so you are likely to regret it before the end of the year. Be bold.

Pisces Feb. 20 - March 20
Put your doubts and suspicions about a certain individual to the side and give them a chance to prove themselves. Almost certainly you have been too harsh in your judgment.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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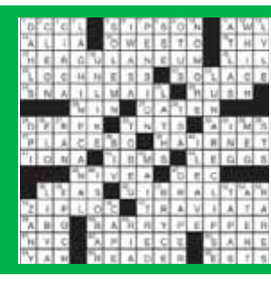

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RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ $5,000 is a combined credit consisting of a $1,000 Owner cash (tax inclusive), $3,000 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab and a $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Silverado 1500 which is available for finance offers only and cannot be combined with special lease rates and cash purchase. † $10,380 is a combined total credit consisting of a $3,000 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, $1,000 Owner Cash (tax inclusive), a $1,200 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab LS equipped with a Custom Edition and a $5,180 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab WT 4WD, LS, LT or LTZ which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $5,180 credit which will result in higher effective interest rates. Discounts vary by model. †† Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between September 1st and September 30th, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet Spark, Sonic, Volt, Trax, Malibu (except LS); $750 credit available on others Chevrolet vehicles (except Cruze, Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty); $1,000 credit available on Chevrolet Cruze and on all Silverado's. Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt, HHR, Avalanche, Aveo, Epica, Orlando, Optra, Tracker, Uplander, Venture, Astro, Blazer, Jimmy, Trailblazer or GMC Envoy, Safari or Buick Rendezvous, Terraza that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between September 1st and September 30th, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1,000 credit available on Chevrolet Spark, Sonic, Volt, Trax, Malibu (except LS); $1,500 credit available on other eligible Chevrolet vehicles (except Chevrolet Colorado 2SA, Camaro Z28, Malibu LS, Cruze); $2,000 credit available on Chevrolet Cruze. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ~ Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ¥¥ Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ‡‡ Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ¥ The Chevrolet Silverado LD received the lowest number of problems per 100 vehicles among large light duty pickups in the proprietary J.D. Power 2015 Initial Quality StudySM. Study based on responses from 84,367 new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2015. Your experiences may vary. Visit jdpower.com. ^ Based on percentage growth in total Canadian sales of mid and full size pick-up trucks, calendar year to date (January to August, 2015), as reported by CVMA.